

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

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- Ask Ina - Assisted Living Facilities
- Specialized Transportation Rider Share Increase on January 1, 2018
- Winter Safety



ESTABLISHING A DEMENTIA-CAPABLE WAUKESHA COUNTY

In February 2014, the Wisconsin Department of Health Services published a Dementia Care System Redesign Plan <https://www.dhs.wisconsin.gov/publications/p0/p00586.pdf> with the vision of creating a more "Dementia-Capable Wisconsin." The plan is being implemented across the state through many partners, but primarily through ADRC's (Aging and Disability Resource Centers). The five focus areas are community awareness and services; facility-based, long-term care; capacity for dementia-related crisis response and stabilization; dementia care guiding principles and training; and research and data. The primary goal is to support people with Alzheimer's disease and related dementias so each person has the highest quality of life possible. (*Wisconsin Department of Health Services, October, 2016*)

In Waukesha County there is a lot of activity focused on supporting individuals with dementia and their caregivers. ADRC staff, the Alzheimer's Association and many collaborating organizations have invested time and energy into creating a Dementia-Capable Waukesha County. Two communities, Oconomowoc and Pewaukee, have developed Dementia Friendly Community coalitions and are actively working on defined objectives to make their communities more dementia friendly. Community presentations, business trainings, memory screens, and individual care consultations are offered, with the intent of building community awareness, providing education, teaching businesses how to be dementia friendly, and to provide early detection of Alzheimer's disease and other dementias. Other communities in Waukesha County have also expressed interest in becoming dementia friendly. Even though a city or village may not be in the process of developing a dementia friendly coalition, there are still many dementia related activities taking place. For example, in 2018, Memory Cafés, which are social gatherings for individuals with dementia and their care partners, will be held at eleven different locations in Waukesha County; dementia friendly community and crisis response training will be provided in Big Bend; dementia friendly business trainings will be provided; and memory screenings are already scheduled throughout Waukesha County. All of these activities align with the State's Dementia Redesign Plan and help support individuals with dementia to remain as independent as possible.

Unfortunately, even with all of the positive efforts, dementia-related crisis do occur. In an effort to provide dementia crisis stabilization, the ADRC received a grant from the Wisconsin Department of Health Services, designated to work collaboratively with local partners to increase the dementia capability of their crisis response system, including strategies to improve crisis planning, response, and stabilization for people with dementia.

Continued ⇨

The ADRC began by creating a database of all the agencies and organizations in Waukesha County providing direct service to individuals with dementia. A sample of the over 200 entities will be surveyed to determine their readiness and response to dementia related crisis. To build collaboration with local partners, the ADRC hosted a Dementia Crisis Stabilization Summit on December 1st at Waukesha Memorial Hospital. The over 70 attendees were a diverse representation including: hospitals and clinics, law enforcement, non-profit agencies, assisted living facilities, home health care, managed care organizations, adult day care, state and county government, and many other interested stakeholders. The Summit featured Tom Hlavacek, former Executive Director of the Alzheimer's Association, who offered a history of dementia related crisis response in Wisconsin and best practices to consider. Using a "World Café" model, attendees discussed dementia related crisis and offered suggestions on next steps to improve dementia related crisis response in Waukesha County. During 2018, work groups will collaboratively address defined objectives and work toward a Dementia-Capable Waukesha County that uses a model of best practice in responding to and stabilizing dementia-related crisis. If you would like more information about the Dementia Crisis Stabilization grant or how you could be involved please contact the ADRC at (262) 548-7848.

You Can't Always Believe Your Caller ID

Scam artists, or scammers, realize many people no longer answer calls from phone numbers with unfamiliar area codes, or calls that display either no caller ID information or "unknown." As a way around this, scammers are now employing a technique called "spoofing." Spoofing occurs when the caller deliberately falsifies the information they are transmitting to your caller ID, to disguise their true identity in an attempt to trick you into giving away valuable personal and financial information. By using spoofing technology, scammers can make it seem as though the call is coming from a local number, nearby person or business, a bank, creditor, insurance company or even the government. The possibilities of whom the scammer can pretend to be is endless. While the caller's information may appear local or familiar, the calls are often placed by scammers who are actually located outside the state or country. Sometimes, the call will begin as a recorded message instead of a live person, and you are directed to press a number to speak to a live operator. This is referred to as a "robocall."



What can you do if you think you're being spoofed? Unfortunately, you may not be able to tell right away if an incoming call is spoofed, so be careful about responding to any request for personal identifying information. As a rule of thumb, never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls, or if the call appears suspicious. Rather, if you get an inquiry from someone claiming to represent a company or a government agency and they are seeking your personal information, hang up and call the company or government agency back using the phone number on your account statement, in the phone book, or on the company's or government agency's website. This will allow you to verify the authenticity of the request.

Under the Truth in Caller ID Act, FCC rules prohibit any person or entity from transmitting misleading or inaccurate caller ID information with the intent to defraud, cause harm, or wrongly obtain anything of value. Anyone who is illegally spoofing can face penalties of up to \$10,000 for each violation. If you have received a "spoofed" call, you should report it to the Federal Communications Commission (FCC). If you have lost money to a criminal scam, you should report the matter to your local and federal law enforcement officials.

- File a complaint online at <https://consumercomplaints.fcc.gov/hc/en-us>
- By phone: 1-888-CALL-FCC (1-888-225-5322); TTY: 1-888-TELL-FCC (1-888-835-5322); ASL: 1-844-432-2275
- By mail (please include your name, address, contact information and as much detail about your complaint as possible):

Federal Communications Commission
Consumer and Governmental Affairs Bureau
Consumer Inquiries and Complaints Division
445 12th Street, S.W.
Washington, DC 20554



The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and Interfaith Senior Programs, designed to provide information, support, timely access to resources, assistance navigating the system, and educational opportunities for caregivers in Waukesha County. Visit thecaregiverconnection.org for more information.

HOW DO YOU RECHARGE?

As a caregiver, you know how important it is to take care of yourself so you have the energy needed to care for your loved one. Without taking time for yourself you are at risk for burnout, depression and physical illness. The importance of finding ways to “recharge your battery” cannot be stressed enough. If it has been so long that you can’t remember what it is that gives you energy and feeds your soul, here are some suggestions to consider.

- ◆ Go for a walk – around the block, at the gym, or find a path in your home
- ◆ Take a bubble bath
- ◆ Read a fun book in your favorite chair
- ◆ Call a friend you haven’t talked with in awhile
- ◆ Meditate
- ◆ Listen to music – just listen, don’t do anything else
- ◆ Make music – play piano, guitar, sing
- ◆ Have lunch or coffee with a friend
- ◆ Write – a journal, poem, book, letter
- ◆ Participate in an exercise class
- ◆ Play cards
- ◆ Go to a movie – with a friend or alone
- ◆ Bird watching
- ◆ Put a puzzle together
- ◆ Sew or do a craft, scrapbook, paint or draw
- ◆ Go to a fair or an antique show

Now that you have some ideas of what you’d like to do to *recharge*, how can you make it a reality? Dream it, plan it, do it! Choose an activity monthly, weekly or even daily, write it on your calendar and keep it a priority to follow through! If you are a 24-7 caregiver this will take additional planning, and possibly additional money, but it is well worth it. (How can you put a price on your health?)

When you live with the person you are caring for you will need to be creative in your planning. Sometimes you can re-energize yourself by doing something special in your home while your loved one is napping or engaged in an activity that holds his/her attention for a predictable amount of time. Resist your urge to always fill this time with chores and instead, treat yourself to “you time.” For other activities, you may need to have someone watch your loved one while you get your well-deserved respite. Several options are available to you including:

- ◆ hiring someone privately
- ◆ contacting a home care agency
- ◆ using a volunteer through ERAs (call 262-549-3348)
- ◆ asking a neighbor, relative or friend to stay with your loved one while you get away
- ◆ take your loved one to an adult day program such as

Taking care of yourself is so very important, not only to your own self, but to the person you are caring for and all the people who love and care about YOU! Don’t push it off another day. Find ways to recharge so that you can be the best caregiver you can be!

Jane Mahoney

Older American’s Act Consultant

Greater Wisconsin Agency on Aging Resources



Dear Ina,

Do you have a rating system available for all the Assisted Living facilities in Waukesha County? I want my mom to go somewhere she'll enjoy for the rest of her life. I want to ensure she'll never have to move, she receives the best care, and that there is plenty for her to do. Can you help?

~Karen Carin

Dear Karen,

Choosing an assisted living facility is every bit as difficult and complicated as choosing a new home to buy. Maybe even more so! Assisted Living Facilities are required to provide not only room and board, but also health monitoring, assistance with medication, information and referral services, leisure time services, and personal cares services such as help with dressing, eating, bathing, grooming, toileting, and mobility. Additional services provided may include transportation, counseling, etc.

Who should consider living in assisted living? Usually, people who are in assisted living facilities need assistance in one or more of the following areas: Self-care, diminishing health, physical, or mental abilities, lack of community support or family unable to provide care or supervision. Generally, if a person only needs minimal care, it will be much cheaper for them to hire an in-home caregiver. Also, if your loved one is not ready to move into assisted living, you may wish to consider seeking adult day center services. However, if the safety of the person is in question or if they need more assistance than in-home help is able to give, assisted living facilities are great options.

Many people call the ADRC looking for referrals to the 'good' assisted living facilities. Unfortunately, we can't give advice or endorse any specific facilities and there is no five star rating system available. One size does not fit all! But we can provide you with some tools to make an informed decision for yourself.

First, you need to understand there are differences between assisted living facilities. There are three different types of live-in assisted living facilities: Adult Family Homes (AFH), Community-Based Residential Facilities (CBRF), and Residential Care Apartment Complexes (RCAC). Each facility has its own certification or licensing regulations. For more information on the different types of assisted living facilities and to search for assisted living facilities by county in Wisconsin, visit <https://www.dhs.wisconsin.gov/guide/assisted-living.htm>.

Second, know what you are looking for. Does your loved one have memory problems? Do they have the ability to privately pay for the assisted living facility? Will they need public funding soon (T-19/Medicaid)? Some assisted living facilities require you to pay out of pocket for a certain amount of time before accepting public funding. Speak with the facility about this before making your decision.

We strongly suggest that you take some time to tour some facilities. Ask questions and make observations. For a printable guide to help you choose an assisted living facility, visit: <https://www.dhs.wisconsin.gov/publications/p6/p60579.pdf>.

- ◆ Notice the structure of the facility. Is the structure sound? Are doorways and hallways big enough to accommodate wheelchairs?
- ◆ Speak with the staff. Do staff appear neat and clean? Do staff seem busy and rushed? Do staff show interest in the residents?
- ◆ Speak with the residents (if possible). Do they appear happy? Do they feel that they receive respect? Are they receiving good care? Ask if the food is good.
- ◆ Ask health related questions: Can the residents retain their personal physician? Does the facility provide transportation to doctor's appointments and is there a charge? Are staff trained in First Aid?
- ◆ Look at Bedrooms/Apartments: Will the room meet your mother's needs? Will she get to keep the room if she were to move to publicly funded benefits? Do the residents use their own furnishings? Are provisions made for privacy? Is the bathroom conveniently located? Is the bathroom well-maintained and odor-free? Are there grab bars near the toilet and bathing areas?

Finally, check the Department of Health Services website for assisted living facility Inspection Surveys and Violations. Surveys or Inspections are completed by the Department of Quality Assurance every 2 years. For more information on Assisted Living Facility Profiles and understanding the Survey History that is completed every 2 years, visit <https://www.dhs.wisconsin.gov/guide/basics.htm>.

Good luck with your search! And remember, we're here if you have other questions. For more information on assisted living facilities in your area or to see if you qualify for public funding that may help pay for assisted living, call the ADRC at 262-548-7848.

Got questions? Need assistance?

The Alzheimer's Association is here to assist you in your journey.

Schedule a Care Consultation with an Alzheimer's Association representative. A Care Consultation is a private meeting designed to assist the person with the disease and/or their families in planning for and dealing with all aspects of the illness.

During this meeting ask questions about:

- concerns regarding memory loss
- assessment, diagnosis, and treatment
- coping with cognitive and behavioral changes
- planning for future care needs
- strategies for dealing with family conflicts



When:

4th Wednesday of each month
1:00-2:00 p.m. and 2:30-3:30 p.m.

Where:

Waukesha ADRC (Aging and Disability
Resource Center)
514 Riverview Ave
Waukesha, WI 53188

2018 dates:

Jan 24	May 23	Sept. 26
Feb 28	June 27	Oct. 24
March 28	July 25	Nov 28
April 25	Aug 22	

*No December Hours

Services are provided at NO COST to consumers.

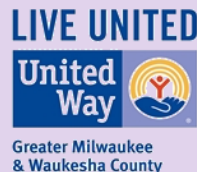
**To schedule a meeting
Call 800.272.3900**

About the Alzheimer's Association

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer care and support, and the largest private, nonprofit funder of Alzheimer research. Our vision is a world without Alzheimer's, and since our founding in 1980, we have moved toward this goal by advancing research and providing support, information and education to those affected by Alzheimer's disease and related dementias.

Local Contact

Jennifer Harders
Community Outreach Coordinator
Alzheimer's Association-Southeastern WI Chapter
24/7 Helpline: 800.272.3900
Email: jharders@alz.org
www.alz.org/sewi



**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU JANUARY 2018**

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
 PROGRAM CLOSED	PROGRAM CLOSED	Lemon Pepper Chicken Breast Spiral Pasta with sauce 5-Way Mixed Veg Dinner Roll/Butter Butterscotch Pudding Alt. Diet pudding	Meatloaf/Ketchup Baby Red Potatoes w/ butter Stewed Tomatoes Bread w/ butter Peach Half	Open Faced Turkey Sandwich with Gravy Mashed Potatoes w/ gravy Brussels Sprouts Rice Krispies Treat Alt: Fruit
8	9	10	11	12
Cranberry Meatballs Roasted Red Potatoes Oriental Vegetable Blend Dinner Roll / butter Snickerdoodle Cookie Alt. Tropical Fruit Cup	Polish Sausage German Sauerkraut Buttered Potatoes Rye Bread / butter Ketchup & Mustard Fresh Orange Oatmeal Raisin Cookie Alt. Raisins	Green Pepper Casserole Whole Baby Carrots Garlic Bread Stick Banana Lemon Pudding Alt. Diet Lemon Pudding	Chicken Stroganoff Parsley Buttered Noodles Red Cabbage Romaine Salad w/ Ranch Dressing Wheat Bread / butter Mandarin Oranges	Hamburger on Bun Ketchup/Mustard Baked Beans Chef's Choice Vegetable Blueberry Muffin Fresh Fruit
15	16	17	18	19
Boneless Pork Loin w/ Sage Gravy Sweet Peas Rotini Noodles w/ gravy Multi-Grain Dinner Roll w/ butter Fresh Banana	Italian Wedding Soup Crackers Cottage Cheese Broccoli Florets Italian Bread w/ butter Apricots Dessert Bar Alt. Sugar Free Cookie	Oven Roasted Turkey With Gravy Herbed Stuffing Country Vegetables Dinner Roll / butter Butterscotch Pudding Alt. Banana	Old Fashioned Beef Stew w/ Mashed Potatoes Green Beans Rye Bread / butter Apple Crisp Alt. Apple Slices	BBQ Country Style Rib Creamy Coleslaw Potato Salad Dinner Roll w/ butter Strawberry Ice Cream Alt. Sugar Free Ice Cream
22	23	24	25	26
Lemon Herb Chicken Breast Rotini w/ Garlic Sauce Mediterranean Blend Vegetable Pineapple Wedge Dinner roll w/ butter	National Pie Day Shepard's Pie Spring Mix Salad w/Ranch Dressing Bread / butter Sliced Peaches Chef's Choice Pie Alt. Fresh Fruit	Chicken Marsala Whole Grain Pasta w/ Garlic Pesto Sauce Winter Veg Blend Italian Bread / butter Pineapple Chef's Choice Cookie Alt. Fresh Pear	Green Pepper Casserole Lemon Baby Carrots with Rutabaga Wheat Bread w/ butter Lemon Pudding Alt. Sugar Free Pudding	Salmon Boat Tartar Sauce pkt Macaroni & Cheese Creamy Dill Cumber Salad Rye Bread / butter Pineapple Tidbits
29	30	31	<div>  <p align="center"> PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED </p> <p align="center"> ALT= LOW SUGAR ALTERNATIVE </p> <p align="center"> <i>Menu subject to change without notice</i> </p> </div>	
Pork Loin w/Gravy Baked Potato w/ sour cream and butter Romaine Salad w/ Italian Dressing, Grapes	Oven Baked Chicken on the bone Hashbrown Casserole Creamed Spinach Cranberry Compote Corn Bread Muffin	Pork Chop Suey Whole Grain Brown Rice Peas and Pearl Onions Wheat Dinner Roll w/ butter Ambrosia Fruit Fluff Alt. Fruit Cocktail		

**The ADRC and Senior Dining Sites will be closed on Monday, January 1st and
Tuesday, January 2nd. Happy New Year!**

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 — Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Butler 783-5506 — Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Hartland 367-5689 —Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 —Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 —Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 414-422-0420 —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 — Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 —Kelly Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 —Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm or the ADRC at (262) 548-7826 one working day in advance. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

Attention Users of ADRC Specialized Transportation: Rider Share to Increase on January 1, 2018

Effective January 1, 2018, the ADRC fare assistance for a passenger ride has decreased \$0.25 per one-way ride. This means that the rider share/your share will be increasing by \$0.25 per one-way ride.

Shared-Fare Taxi Program - Effective January 1, 2018

Rider pays first \$3.75 per one-way ride
 ADRC pays up to the next \$5.25
 Rider pays remaining balance of one-way ride cost



Rideline Program (Accessible Van Service) - Effective January 1, 2018

A sliding scale is used to determine an individual's fare and is based on the ability to pay.

One-way fares start at:

\$3.85 one-way trip within same community.

\$4.90 one-way trip between communities.

\$7.50 one-way trip to adjoining county for medical services ONLY, but ONLY if service cannot be duplicated in Waukesha County.

If an individual chooses to not disclose income, the individual will be in the highest fare range, and one-way fares will be \$8.55, \$11.15, & \$17.90, depending upon origin & destination

Please contact the ADRC at 262-548-7848 to apply for transportation assistance.

Evidence Based Health Promotion Program

All programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help participants prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC (ask for Lee) or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Stepping On (Falls Prevention) - This 7 week program is perfect for senior adults who have fallen in the past year or for those who have a “healthy respect” for the consequences of a fall. Independent living adults without dementia will see the most improvement. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are learned each week.

Mondays, January 15 - February 26, 2018 1:30pm – 3:30pm (light snack included)

Location: **Brookfield Highlands Senior Apartments**, 20825 George Hunt Circle
Waukesha, WI 53186

Contact: Rani H. @ (262) 798-9612 or ADRC of Waukesha (262) 548 - 7848 / Class size: 15 maximum participants

Fridays, February 2 - March 16, 2018 (7 weeks) 9:30 – 11:30 am light snack offered (Open to Public)

Location: **Muskego Public Library**, 573 W16663 W. Janesville Road
Muskego, WI 53150

Contact: registration desk @ (262) 971-2100 or ADRC (262) 548 - 7848 / Class size: 15 maximum participants

Chronic Pain Self – Management Participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges. This workshop meets for 2.5 hours over 6-weeks.

Wednesdays, January 31 - March 14, 2018 (6 weeks) 9:00 – 10:30 am Open to Public

Location: **Eagle Community Park & Recreation Community Room**, 820 East Main Street
Eagle, 53119

Contact: Lorie @Park & Rec.: (262) 949-4232 / Class size: 16 maximum participants

Healthy Living with Diabetes This workshop is ideal for any adult with Pre-diabetes or type 2 Diabetes as well as those adults living with someone who has Diabetes or Pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... rather it complements it.

Thursdays, January 11 - February 22, 2018 (6 weeks) 9:00 – 11:30 am Open to Public

Location: **Eagle Community Park & Recreation Community Room**, 820 East Main Street
Eagle, 53119

Contact: Lorie @Park & Rec (262) 949-4232 / Class size: 20 maximum participants

Wednesdays, January 24 - March 7, 2018 (6 weeks) 12:30 – 3:00 pm Open to Public

Location: **Stoney Creek Senior Community Apartments Community Room**, S69 W14142 Tess corners Drive
Muskego, 53150

Contact: Lee @ 262/ 548 - 7848 / Class size: 20 maximum participants

Boost Your Brain and Memory is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities, guide adults through a series of Physical, Emotional, Intellectual, Nutritional, Spiritual, and Social activities that can lead to improved brain health. Each of the 8-weekly sessions includes well constructed informational video segments, followed by group discussion, exercises and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Tuesdays, January 16 - February 27 2018 (7 weeks) 9:30 – 11:00 am Open to Public

Location: **YMCA of Waukesha -- Community Room**, 320 East Broadway
Waukesha, WI 53186

Contact: Membership Desk: 542-2557 / Class size: 15 maximum participants

Wednesdays, January 17 - March 7 2018 (7 weeks– no class Feb 14) 1:00 – 2:30 pm light snack offered (Open to Public)

Location: **Brookfield Senior Center**, 2000 North Calhoun Road, Brookfield, WI

Contact: Virginia Trimble @ (262) 782-1636 / Class size: 25 maximum participants

Coffee Tea & (Health)

Coffee, Tea & Talk is free and open to the public. Held the first Tuesday of the month (2nd Tuesday in January) in Room 114 of the Health & Human Services Center, located at 514 Riverview Avenue in Waukesha from 10:00—11:00 am.

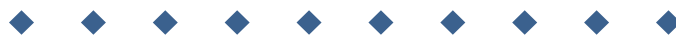
Join us for complimentary coffee, tea and treats while listening to guest experts present information on health related topics. There will be time for questions and answers. In addition I & A specialists from the ADRC will be available to assist you.

Tuesday January 9, 2018 - Fit to a T

Developed by the US Bone & Joint Initiative for people with Osteoporosis
“What is your risk of developing Osteoporosis?”

February 6, 2018 - Heart Health: come join us as we participate in national heart month. Learn how to keep your heart healthy and reduce the risk of Heart Attack. Presented in cooperation with the ADRC of Waukesha County and the WI Well Women Grapevine program.

Due to limited seating, reservations are highly suggested. To register, please call the ADRC at (262) 548-7848



“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.”

-E.E. cummings

Realistic New Year Resolutions

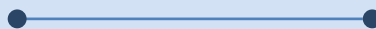
Each New Year approximately 50% of the population make resolutions. Among the top resolutions are: weight loss, exercise, smoking cessation, money management, and debt reduction. However, what usually happens is, by February, people start backsliding. By the following December, most are right back where they started, or often even further behind.

Why do so many people not keep their resolutions? According to psychologists and psychotherapists, making resolutions work for you involves changing behaviors, and in order to change behaviors, you have to change your thinking. Here are some helpful tips to make your New Year's resolution a success for 2018:

Never set your goals too high. Make sure your resolution is something you can actually achieve.

Engage others in making resolutions. The more the merrier. You may even help someone else achieve their goal too!

Wasting time-Don't waste time on the unimportant things in life. Prioritize what needs to get done.



You are worth it! If you're making a resolution, it means you want to make changes in your life for the better.

Endure. It's a marathon, not a sprint. Set small goals for yourself and reward your own achievements!

Accountability. Ask for help or encouragement from others. Consider signing a commitment contract.

Reflect. Look at past resolutions; what worked, what didn't? Learn from your mistakes so this year will be a success!



A Healthy Way to Start the New Year: Volunteer!

Last month, our front page article discussed giving back to your community. “Share Your Gifts the Whole Year Through” focused on various ways to volunteer in your community. With the new year here, why not resolve to make 2018 a happier, healthier year by volunteering? Did you know that giving back has health benefits and is a great way to start the new year? It has been widely evident that volunteering improves older adults’ mental and physical well-being, but last July the Corporation for National and Community Service (CNCS) released new data showing further evidence that consistent volunteering can improve the health and well-being of people 55 and older. CNCS tracked 1,000 of their Senior Corps volunteers from when they first signed on to the program as a volunteer. Nearly half of these volunteers who stayed with the program reported improvements in health and well-being and sixty percent reported decreased feelings of isolation. Seventy percent reported significant improvement with the symptoms of depression that they initially reported. For more information, go to:

<https://www.nationalservice.gov/programs/senior-corps>.

Older adults who volunteer typically experience better health than those who do not. Volunteering in later life is associated with decreased mortality risk, fewer functional limitations, better mental health and greater levels of life satisfaction. In addition, volunteering can foster a sense of meaning and purpose, and when older individuals feel purpose in life, they are empowered to make healthier living choices. Furthermore, older adults make valuable contributions to their communities. It’s a win- win all around.

Here are several websites to search and customize volunteer opportunities that are right for you:

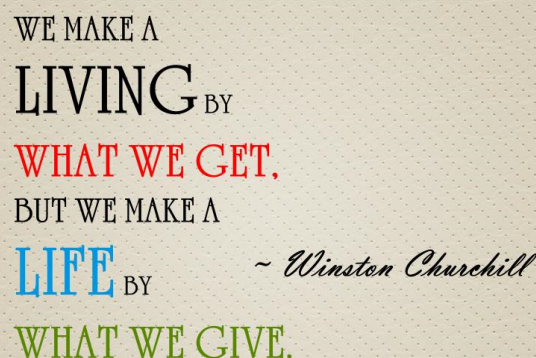
<https://www.volunteermatch.org/>

<https://www.unitedwaygmwc.org/home>

<http://www.createthegood.org/about>

Volunteering your time and energy to help those in need is a great way to give back to your community and improve your health and well-being at the same time. Contact your local Aging Services Agency to find out how you can help.

Aging and Disability Resource Center: 262-548-7829
ERAs (formerly known as Interfaith): 262-549-3348



WE MAKE A
LIVING BY
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LIFE BY
WHAT WE GIVE.
~ Winston Churchill

Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.

Start 2018 with two inspiring presentations on January 11, 2018 from 10:00 am to 12:00 noon
New Berlin Library Community Room, 15105 Library Lane

Author Robert Beezat shares the Keys to Growing Your Mind and Heart this New Year
&

Playwright, Actress and Toastmaster Gail Rust explores How Laughter Will Put More Life into Your New Year

Refreshments will be Provided
Questions and Replies to Jean Lazarus 414-352-1966
www.ElderCareFocusGroup.com

From the Desk of Your Benefit Specialist

Medicare's Preventive Benefits Can Help You Kick the Habit

By the GWAAR Medicare Outreach Team

Medicare's Preventive Benefits can help people with Medicare feel better and live healthier. The best way to stay healthy is to live a healthy lifestyle. But what if you smoke? Smoking tobacco can cause many health problems, like heart disease, respiratory diseases, and lung cancer. Quitting smoking can help prevent these health problems, and Medicare can help you take the first step.

With the New Year upon us, this is a great time to talk with your doctor about quitting, if you smoke. Medicare covers eight face-to-face smoking cessation counseling sessions during a 12-month period. If you haven't been diagnosed with an illness caused or complicated by tobacco use, you pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider.

Medicare also covers a lung cancer screening once per year for people who meet **all** of the following conditions:

- Age 55-77
- No current signs or symptoms of lung cancer
- Current smoker or have quit within last 15 years
- A tobacco smoking history of an average of one pack a day for at least 30 years
- Obtain written order from physician or qualified non-physician practitioner



You generally pay nothing for this screening if your doctor or qualified health care provider accepts assignment.

Remember, taking advantage of these and other Part B preventive services and screenings is an important step in promoting good health.

More information about the preventive tests/screenings covered by Medicare can be found in the [Medicare and You 2018 handbook](#) or on the Medicare website (www.medicare.gov).

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**Turning 65?
Need Medicare?**

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Beneficial Beans

What food is high in protein, has virtually no fat and has more fiber than most whole grain foods? The answer is beans! January 6th is National Bean Day! Beans are good sources of fiber and protein. Eating beans on a regular basis may improve blood cholesterol. What better way to celebrate the new year than with a couple new recipes that are healthy and may help keep you fuller longer.

Black Bean Salsa

Makes: 12 (¼ cup) servings

Ingredients:

- 1 can black beans, drained and rinsed
- 1 can Rotel diced tomatoes and green chilies
- ½ cup whole kernel corn, fresh, frozen, or canned
- ¼ cup chopped red onion
- 1 teaspoon lime juice

Directions:

Stir ingredients together. Cover and refrigerate for 30 minutes to allow flavors to blend.

Serve with tortilla chips or tacos.

Garbanzo Beans/Chickpea Hummus

Makes: 4 (½ cup) servings

Ingredients:

- 1 can chickpeas (Garbanzo Beans)
- 3 Tablespoons lemon juice
- ¼ teaspoon ground cumin
- 1 Tablespoon olive oil
- 1 small garlic clove, minced or ¼ teaspoon garlic powder
- Pinch cayenne pepper
- 2 Tablespoons minced fresh parsley or 2 teaspoons dried parsley
- 1 Tablespoon tahini (optional)**

Directions:

Drain chickpeas, reserving juice. Do not rinse.

Put chickpeas in a food processor or blender and blend with 2 tablespoons of reserved juice, lemon juice, cumin, olive oil, garlic, and cayenne pepper.

Add parsley and tahini and pulse briefly just to mix.

**Tahini is a sesame seed paste, often found in the Asian food section.

Great with vegetables, pita chips, pretzels, and on sandwiches or wraps!!

Chili with Kidney Beans

Makes: 8 (1 cup) servings

Ingredients:

- 2 cans (16 oz) kidney beans, undrained
- 1 lb lean ground beef
- ½ cup onion, chopped
- ½ cup green bell pepper, chopped
- 1 can petite diced tomatoes
- ½ cup water
- ½ teaspoon kosher salt
- 1 teaspoon garlic powder
- 1 ½ teaspoon chili powder

Optional Toppings: shredded cheddar cheese, sour cream, onions, or crackers.

Directions:

Brown beef over medium high heat

Once browned, drain excess grease and add onions and bell pepper and cook for an additional 5-8 minutes.

Stir in the remaining ingredients and bring to a boil.

Reduce heat to medium-low or low and cover. Simmer for 10 minutes, stirring every few minutes.

Serve with optional toppings, as desired.

**FOOD
WISE**

Healthy choices, healthy lives.

**UW
Extension**
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. For more about FoodShare in Waukesha County, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708.



Cold Weather Resources

Winter is upon us. As the temperatures drop, the ADRC wants to help ensure you stay safe and warm this winter. There are a variety of community resources available if you find yourself unexpectedly battling the elements. The Waukesha Public Library is a warm place to stop in, pick up a book and relax in a quiet, cozy environment. The Hope Center has a meal site located in downtown Waukesha and offers day programming to help those who may be exposed to the cold weather. The Housing Action Coalition of Waukesha County and The Community Action Coalition of Southeastern Wisconsin offer motel vouchers (subject to availability) to individuals and families who may need a short term stay in a motel during cold weather. Below we have included a guide listing all of the Winter Warming Centers and Emergency Shelters in our area. Contact the Housing Action Coalition for updates at: 262-522-3815 or call 2-1-1.

Facility	Address	Phone	Hours of Operation*	Emergency Shelter	Warming Center
Hebron House	812 N. East Ave	262-549-8722	open 24 hours a day	x	x
Siena House	1519 Summit Ave	262-549-8732	open 6:00 p.m. to 7:00 a.m.	x	x
Jeremy House	1301 E. Moreland Blvd	262-549-8735	open 24 hours a day	x	x
Salvation Army	445 Madison St	262-547-7367	Shelter operates 24 hours a day. Other services from 8:00	x	Contact directly for inquiries
The Women's Center	505 N. East Ave	262-548-3828	Shelter operates 24 hours a day. Other services from 8:30	x	Contact directly for inquiries
Family Promise	543 AJ Allen Circle, Wales	262-968-2321	Shelter operates in evening hours. Other services from	x	Contact directly for inquiries

* Hours of Operation may vary from hours of intake. Please contact each location for intake hours.

Check out some of the wonderful programs your local library has to offer. Here is a sampling:

Brookfield Public Library
1900 N. Calhoun Rd., Brookfield, WI 53005.
(262) 782-4140.

Armchair Travel Book Club

Tuesday, January 16, 2018 10:00-11:00 AM

<http://www.ci.brookfield.wi.us/38/Library>

Elm Grove Public Library

13600 Juneau Blvd.,

Elm Grove WI 53122

(262) 782-6700

The Wreck of the Edmund Fitzgerald

Thursday, January 23, 2018 at 7:00 PM

<http://elmgrovelibrary.org>



Delafield Public Library

500 Genesee St., Delafield, WI 53018.

(262) 646-6230

My Beautiful Brain

Thursday, January 4, 2018 6:00-8:00 PM

<http://www.delafieldlibrary.org>

Menomonee Falls Public Library

W156 N8436 Pilgrim Rd

Menomonee Falls, WI 53051

(262) 532-8900

"A Struggle for a Dream: The Life of Dr. Martin Luther King Jr."

Saturday, January 13, 2018 2:30-3:30 PM

<http://menomoneefallslibrary.org>

We all know what a long cold winter can be like in Wisconsin. But do we always remember to make sure we prepare ourselves and remember the safety of ourselves and others in the community? According to the National Safety Council, these are some of the many precautions and simple things to remember that can make a safer winter for everyone:

Prepare your vehicle.

- * Have your vehicle inspected from tires to fluids and battery life.
- * Keep a flashlight, blanket, hat, mittens, socks, flares, first aid kit, jumper cables, non-perishable high-energy foods, ice salt or cat litter and a shovel

Prepare your home.

- * December and January are peak months for CO₂ poisonings. Change the battery in your CO₂ detector; buy one if you do not have one and if you have one make sure it is not expired
- * NEVER heat your home with a gas range or oven
- * NEVER run a car or truck inside an attached garage
- * Have plenty of non-perishable foods, water and a first aid kit in your home
- * Have your furnace checked and change the filter

Use extra caution doing outside activities.

- * Wear proper clothing, boots, hats and mittens.
- * Watch your step and use ice melt or cat litter for safer walking for you and others in your neighborhood.
- * Shoveling tips:
 - * Do not shovel after eating or while smoking
 - * Take it slow and stretch out before you begin
 - * Shovel only fresh, powdery snow; it's lighter
 - * When possible, push the snow rather than lifting it
 - * If you do lift it, use a small shovel or only partially fill the shovel. Lift with your legs, not your back.
 - * Do not work to the point of exhaustion

Help others in your neighborhood if you can.

- * Check on elders and persons with a disability
- * Assist others with snow removal
- * Offer to get their mail or newspaper for them
- * Prepare a meal or offer to go to the store for someone

Winter Safety



Martin Luther King, Jr. Day - January 15, 2018

We remember and pay tribute to Dr. King's principles, perhaps best depicted by his "I Have a Dream" speech delivered on August 28, 1963 on the steps of the Lincoln Memorial.

Join us to celebrate the legacy of Dr. Martin Luther King Jr on Monday, January 15th, 2018, at Waukesha Area Technical College, Richard T. Anderson Center, 800 Main St., Pewaukee from 11:00 a.m. to 1:00 p.m. Dr. Howard Fuller, the keynote speaker, will present on how we can bring the dream of Dr. Martin Luther King Jr. to life. The event will also include a special choral performance by Waukesha West High School Students. This event is free and open to the public, but advance registration is required at <https://tinyurl.com/WCTCMLK18>. Register early as this annual event is well-attended and space is limited! Lunch is provided.

*"I have a dream that one day this nation will rise up and live out the true meaning of its creed,
We hold these truths to be self-evident: that all men are created equal."
Dr. Martin Luther King, Jr.*



Finish the Jingle



"The incredible, edible _____

"The best part of waking up _____

"I'd like to teach the world to sing _____

"I am stuck on Band-Aid, _____

"My bologna has a first name, _____

"N-E-S-T-L-E-S, _____

"I'm a Pepper, he's a Pepper, _____

"Two all-beef patties, special sauce, _____

"Nothin' says lovin' _____

"Like a good neighbor, _____

"Plop, plop, fizz, fizz, _____

"Double your pleasure, _____

"Rice-A-Roni, _____

"Ace is the place _____

Answers:
(1) Egg 2) is Folgers in your cup 3) in perfect harmony 4) cause Bandida's stuck on me 5) it's OSCAR 6) Nestles makes the very best 7) she's a pepper, wouldn't you like to be a pepper too 8) lettuce, cheese, pickles, onions on a sesame seed bun 9) like something from the oven and Pillsbury says it best 10) state farm is there 11) oh what a relief it is 12) double your fun with Double Mint, double mint gum 12) the

Lessons from Geese

-author unknown

As each bird flaps its wings, it creates an 'uplift' for the bird following. By flying in a "V" formation, the whole flock adds 71% greater flying range than if the bird flew alone. Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation to take advantage of the 'lifting power' of the bird immediately in front. When the lead goose gets tired, it rotates back into the formation and another goose flies at the point position.

If a goose gets sick or wounded or is shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again or dies. Then they launch out on their own, with another formation, or catch up with the flock. That's interdependence.

People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another. If we have as much sense as geese, we too will stand by each other in difficult times as well as when we are strong.

To this remarkable Newsletter Committee, to all of my co-workers and friends at the ADRC, and to the many I have had the pleasure of working with over the course of my 27 years — stand by one and other, support each other and continue to do the amazing work you do for the citizens of Waukesha County. I will miss you all!



ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848